

Self-Discovery Journal



This Book Belongs To

Finding Yourself

Date:

Sun

Mon

Tue

Wed

Thu

Fri

Sat

What are your best habits?

☐☐☐☐☐☐☐☐☐

What are your worst habits?

☐☐☐☐☐☐☐☐

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Thu

Fri

Sat

Write 10 compliments you can give yourself?



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Thu

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Write a letter to someone you love?

[illegible]

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What are your best habits?



What are your best habits?

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Where is your safe space?

What is your favourite food?

What is your favourite song?

Where is your favourite vacation space?

What is your favourite thing to wear?

What is your favourite book?

